Good news for homemakers

On favorite fruits

By SHIRLEY W. WALTON
Extension Agent

What Is Your Favorite Fruit?

If the favorite meat of Americans is beef and if their favorite vegetables are lettuce and tomato, what is the top choice among fresh fruits?

You have guessed it. Based on per capita consumption, the "Top banana" among fresh fruits in the United States is the banana. In recent years, the average per capita consumption of bananas in the United States has been about 20 pounds annually. It is most interesting that people like bananas very much or cannot tolerate their flavor and texture. Over the past 20 years, consumption of bananas has ranged between 16 and 21 pounds per person. Nearly all the bananas consumed in this country are imported --chiefly from Central America. The only one of the 50 states that produces bananas commercially is Hawaii where a few hundred acres are grown annually.

A banana contains approximately 100 calories. It is a fruit that is very high in potassium and Vitamin A. There is some Vitamin C, Phosphorous and Calcium in a banana. It is an excellent choice of a fruit for you to eat.

The second most popular fruit for fresh consumption in the United Staes is the all American favorite, apple. Consumption of apples is holding steady at about 17 pounds per person each year. An apple contains 80 calories and is an excellent source of potassium and Vitamin A. This, too, contains some calcium and phosphorous.

Next comes two citrus crops--oranges, with the annual consumption per capita of nearly 16 pounds, and grapefruits, 8 pounds.

Another leading fresh fruit is the ever-popular peach, with per capita consumption of 5.7 pounds.

Did you know that in 1980 the per capita consumption of all fresh fruits was 87 pounds? Believe it or not, this figure is down by seven pounds from two decades earlier. People are eating more meat and starchy foods and less fruits. It is extremely important that we eat four servings of fruits and vegetables daily.

The moderate decline in fresh fruit consumption has been more than off-set by gains in consumption of citrus fruits and frozen canned juices in chilled forms and apples in canned-juice form.

Including all fruits in all forms, U.S. consumption per capita rose from 207 pounds in 1960 to nearly 228 pounds in 1980, which was again up 14%.

Fruits are an essential part of a well-balanced diet. Be sure to include your favorite fruit in your diet. Should you have questions about the caloric content and the food value in each fruit, you may call us at 352-8244 or you may write us at P. O. Box 488, Appomattox, Va. 24522.

Have a good week!

RECIPE OF THE WEEK
Cinnamon Apples

Munching these will keep the kiddies busy-and happy-quite a while! The red candy coating is sparkling clear.

8 crisp, medium apples
8 wooden skewers

* * *

4 cups granulated sugar
1½ cups light corn syrup
2 cups water
Dash salt
1¼ teaspoons red food coloring

* * *

10 drops oil of cinnamon

Wash and dry the apples; remove stems. Stick skewer into stem end of each apple. Butter sides of heavy saucepan. In saucepan, combine sugar, corn syrup, water, salt, and food coloring. Cook, stirring constantly, till sugar dissolves and mixture comes to boiling. Continue cooking, without stirring, til mixture reaches the hard-crack stage (300°).

Remove from heat; quickly stir in the oil of cinnamon. Turn each apple in syrup to coat (till pan, so syrup is deep enought to cover). Twirl apple to spread coating evenly-let the excess syrup drip back into pan. Set apples on buttered cookie sheet. Chill till firm.

Note: If desired, make lolipops to use the remaining syrup. Arrange wooden skewers 4 inches apart on buttered cookie sheet. Drop hot syrup from tip of tablespoon over the skewers to form 2- or 3-inch candy suckers.

Fire-cured market opens on Nov. 23

By JAMES A. SMITH
Extension Agent

The fire cured tobacco market opens November 23, closing December 17. Opening week sales will be held on Tuesday and Wednesday; subsequent weeks will sell on Tuesday, Wednesday and Thursday.

Two sets of buyers will serve the three markets. Therefore, there will be two sales a day each week at each market. This will provide each market with eight sales days before Christmas.

Booking for space will begin November 9 at 8:00 in person or by phone. For space: Lynchburg call 847-6921; Farmville call 392-4029 or see Mr. Carter at the Middle Warehouse in downtown Farmville.

* * *

The advance support price schedule shows $180 as top price.

* * *

The Annual Meeting of the Virginia Dark Fired Tobacco Growers Marketing Association will be held at the new Randolph Tobacco Warehouse on Friday, November 6, at 1:00 p.m.

This is an important meeting for all fire cured tobacco producers.

* * *

Alfalfa acreage is up significantly in Appomattox County. Talking with one dairyman last week, he said we have enough hay to feed 70 milking cows and every bale in alfalfa. This is the direction for every dairyman--we have the soils, the high yielding varieties, the chemicals to control insects and weeds and the management. Total alfalfa for dairymen is a reasonable goal that could be fairly easily achieved.

* * *

Weeds in alfalfa? A number of weeds are best controlled when alfalfa is in the dormant stage. For certain weeds and certain chemicals, fall treatment is required. It's not too early to take a look and determine whether treatment is necessary.

* * *

For several years feeder cattle marketed through the Lynchburg special sales have been vaccinated with IBR, Pi_3 and 7-way clostridial. The sale requirement should suggest this treatment for all cattle; certainly this is our recommendation.

Cows (dairy and beef) need the same protection, plus vaccination for Leptospirosis, vibriesis and BVD).

These are minimum herd health maintenance requirements.

* * *

Lutalyse is now cleared to abort feedlot heifers. The recommended dosage is 5 cc's.

Recently lutalyse has also been cleared for estrous synchronization when natural service is used.

For sometime lutalyse has been cleared when A.I. was used. Two injections are required eleven days apart. If natural service is used, plan or using mature experienced bulls. Don't synchronize more cows than your bulls can handle. Although the breeding season for most beef herds is a ways off, it's not too early to begin making plans.

* * *

There is renewed interest in developing an expanded farmers market in Lynchburg. A sampling of our mailing list has been sent survey cards and asked to respond by October 12.

A meeting with a few potential growers from the counties surrounding Lynchburg will be held October 15, 7:30 p.m., at Central Virginia Community College.

* * *

The 6th Annual Virginia Grape-Wine Short Course will be held October 30-31 at the Dulles Marriott Hotel at Dulles International Airport.

Registration forms may be secured by calling 703-961-4547.

WEATHER REPORT

Last Week	.21
This month	.36

Volunteers get 59 rescue calls

Volunteer members of the Appomattox County Rescue Squad responded to a total of 59 calls during the month of September. In doing so they traveled a total of 2,441 miles and spent 312 man hours.

A breakdown of the calls is as follows: transports, 19; standby, 2; football games, 4; auto wreck, 5; abdominal pains, 4; falls, 7; overdose, 3; bee stings, 1; breathing dif., 2; chest pains, 3; maternity, 1; gun shot, 2; broken bones, 2; swollen ear, 1; cut foot, 1; nerves, 1; hemorrage, 1.

These calls were answered from Sept. 1 to Sept. 30, 1981.

ASCS Today

Payments possible

By: TOM CONRAD

Farmers may get deficiency payments for wheat, barley Appomattox County farmers who accurately reported their 1981 crop acreages to ASCS may receive deficiency payments on their wheat and barley crops.

Market prices for 1981 wheat and barley have been below the federal target price for these crops. If this trend continues, it means that wheat and barley producers would be entitled to deficiency payments.

ASCS will make 1981 wheat and barley deficiency payments to eligible farmers if the national average price of the crop falls below the government-established target price for the crop during the first five months of the marketing year.

Farmers who failed to report their small grains by the June 1st. deadline should contact the county ASCS office. If the crop acreage and use can be verified, it still may be possible to gain eligibility.

Deficiency payments are computed by multiplying the program yield for the farm by the acreage planted for harvest times the payment rate. The per-bushel payment rate is the difference between the target price and the higher of either the loan rate for the commodity or the average price received by farmers.

The 1981 target price for wheat is $3.81 per bushel, and $2.60 per bushel for barley. National average loan rates are $3.20 for wheat and $1.95 for barley.

There are currently 284 Appomattox farmers eligible for the deficiency payments.

USDA Announces Grade Loan Rates For 1981 Burley Tobacco

- Advance loan rates for various grades of 1981 burley tobacco released recently by the U. S. Department of Agriculture are based on the average support level of 1.636 per pound, 12.2 percent higher than the 1980 level.

The rates, which apply to burley tobacco tied in hands or packed in bales, range from $1.08 to $1.81 a pound.

As in the past, no loan will be accepted on tobacco grades "U" (unsound), "W" (wet), "No-G" (no grade) or scrap.

A table of rates, by grade, is available at the ASCS office.

Forestry judging contest planned

The 1981 Southside Area Future Farmers and Young Farmers Forestry Judging Contest will be held in the Appomattox-Buckingham State Forest, Thursday, October 22.

FFA and YFW teams from fourteen counties will participate in the annual event. The winning teams will represent Southside Virginia in the state contest in Essex October 29.

The contests will be made up of tests in estimating board feet, volume of standing timber, tree identification, timber stand improvement, determining tree values, and woodland management.

Plots for the contest will be selected and scored by James E. Cook, Virginia Division of Forestry. A.H. Carter, instructor of agricultural education in the Appomattox County High School, is in charge of local arrangements.

Got something to sell?
Looking for a bargain?
Use CLASSIFIEDS

HARVEST DAY
Homecoming Celebration
Liberty Baptist Church
SUNDAY, OCT. 18
9:45 a.m.....SUNDAY SCHOOL
11:00 a.m.....WORSHIP SERVICE
REV. DAVID TORRENCE
GUEST MINISTER
12 NOON.....PICNIC DINNER
1:00 P.M..."Expressions Of Love"
The Public Is Cordially Invited To Attend

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Priced Under $7,000⁰⁰ Window Sticker
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Raider Review

By JANE GUILL

There comes a time when every senior must pay their underclassmen a compliment. My time has come.

At Appomattox County High School it really should give someone a pleasure to say I am a junior. The Class of '82 is the largest class at ACHS, but by far they are the most enthusiastic class there. They are always on their toes and ready to get things done.

This year the junior class is under the guidance of Mrs. Emilia Racer and Mrs. Edwina Covington class sponsors.

Mrs. Racer commented that the class is a "very energetic group with good leaders and a lot of school spirit."

The class officers under the leadership of president, Jeff Miller are: vice president, Jody Williams; secretary, Susan Morris; treasurer, Phillip Agee; reporter, Sylvia Trent; and parlimentarian, Tim Bennet.

Aside from being the loudest and capturing the first spirit stick at the first pep rally, the juniors at ACHS seem to dominate in school activities.

The varsity football team is comprised of 43 players, 22 are juniors. Seven of the ten varsity cheerleaders are juniors. The yearbook staff has a total of 9 juniors out of a staff of 11. The presidents of the Latin Club, Future Business Leaders of America, Pi-Hi-Y, Art Club, and Science Club are juniors. The only reason juniors don't outnumber seniors in the National Honor Society is because they haven't been inducted yet.

Last Friday the juniors started their annual magazine sale, which will be running for two weeks. Their goal is set for $5,000.00. You can bet they will meet their goal (don't let me down juniors).

Mrs. Covington said they were a "very active and interested junior class, and she was looking forward to a good year and a good prom."

The junior class at Appomattox County High School has truly proven to be an outstanding class in all activities and endeavors. But don't worry freshmen and sophomores you still have time to outshine the juniors and fellow seniors, we still know we are the greatest!

News from ACHS

The Distributive Education Clubs of America officers participated in an officers training workshop at Brookville High School, Wednesday, October 7. They placed first in the parlimentary procedure contest.

The Future Farmers of America at ACHS competed in a Federation Forestry contest, Thursday, October 8, and placed second. The team members are Bobby Wingfield, Robert Coleman and Cecil Jacobs. FFA members are selling citrus fruits and the drive will continue until the 19.

Oakville news

Mrs. Clarence Weston of Red Oak, Mr. and Mrs. Michael Burcher, Jeffrey and Jaime Chenault, Mr. Louis Moore, Eva Moore and Curtis were dinner guests Sunday of Mr. and Mrs. Garland Burcher and Jimmy. Mrs. Beryl Covington and Marjorie Mae, Mrs. Jesse Campbell and Todd, Mr. Louis Walker Moore, Mrs. Murrell Jordan and Kathryn visited in the afternoon.

Mr. and Mrs. Tom Whittenburg of Amherst, Virginia were recent visitors in the home of Mr. and Mrs. Jimmy Marshall.

Mr. and Mrs. Jimmy Marshall and Kathy spent the weekend visiting relatives in Poquoson, Virginia. They attended the Newcomb-Haas wedding on Saturday night, October 10, 1981 held at Trinity United Methodist Church, Poquoson, Va.

Mr. and Mrs. Doug Marshall were dinner guest on Sunday of Mrs. Minnie Ferguson, Appomattox, Va.

Mrs. Hallie Camden is visiting this week with her son and daughter-in-law, Rev. and Mrs. David Camden. We are glad to report that Mrs. Camden is improving.

Mrs. Calvin Martin, Kris and Steve, of Richmond spent the weekend with Mr. and Mrs. Emmit Cunningham. The occasion was Mrs. Cunningham's birthday.

Michael and Todd Smith spent Monday with maternal grandparents, Mr. and Mrs. Herbert Richardson.

Mrs. Rob Lucado, Mrs. Thelma Thornhill, Mrs. "Bunny" Moore, Miss Eva Moore, Mrs. M. A. Hunter visited Mrs. Alise Drinkard Friday night and played cards. Others that came by during the p.m. were grandchildren, Scott Drinkard, Jeff Drinkard, Lee Drinkard, Curris Moore, Mary Beth Drinkard.

Mrs. Drinkard is suffering with back ailment but seems to be improving.

Wilbun's SUPERMARKET
Richfood Pure Cane SUGAR GRANULATED BY WT & LOG
RICHFOOD Pure Cane SUGAR 99¢ LIMIT ONE WITH A $25.00 FOOD PURCHASE! 5-lb. BAG. LIMIT 1 BAG PER CUSTOMER
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"Toddler" DISPOSABLE DIAPERS $5.99 48 DIAPERS
32-OZ. BOT. LEMON JUICE 79¢
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MOUNTAIN DEW or PEPSI 8-16-OZ. BOTS. $1.29 Plus Deposit!
STOCK UP ON Richfood BRANDS WITH SHOPPERS CASH
Jumbo Roll RICHFOOD Paper TOWELS 9¢ WITH ONE FILLED SHOPPERS CASH CARD 1
RICHFOOD Macaroni & Cheese DINNER
RICHFOOD Macaroni and Cheese Dinners 7.25-OZ. BOX 3 For 29¢ 2
RICHFOOD Saltine CRACKERS 16-OZ. BOX 99¢ 3
RICHFOOD Tomato SOUP 10.75-OZ. CAN 3 For 29¢ 4
RICHFOOD COLA 6-16-OZ. BOTS. "NO-RETURN" 99¢ 5
RICHFOOD Real COCONUT 7-OZ. BAG 29¢ Flaked 6
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1. Pick up free Shoppers Cash Cards at our check out counters
2. You get 1 Shoppers Cash Coupon for each $1.00 you spend, excluding products restricted by law
3. Paste Shoppers Cash Coupons on Savers Card
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WE SELL Only... TENDER AGED BEEF
Fresh GROUND BEEF $1.15 lb.
Smoked PICNICS 79¢ lb.
USDA Choice CUBE Steaks $1.99 lb.
Boneless TOP ROUND Steaks $2.39 lb.
Lean STEW BEEF $1.89 lb.
Grade "A" WHOLE FRYERS 49¢ lb.
Meaty PIGS FEET 39¢ lb.
RICHFOOD Sliced Bacon $1.39 1-lb. Pkg.
ARMOUR Meat Hot Dogs $1.19 12-oz. Pkg.
Fresh BAKING HENS 59¢ lb.
RICHFOOD Water Thin Sliced Luncheon Meats 2 For 79¢ 2.5-oz. Pkgs.
RICHFOOD French Fried POTATOES 32-oz. Bag 85¢
RICHFOOD Whipped TOPPING 9-oz. Tub 59¢
Pkgs of 2- RICHFOOD Pie Shells 10-oz. Pkg. 59¢
(12-oz. Pkg) RICHFOOD American Cheese Singles 12-Slices $1.19
RICHFOOD Sweetmilk & Buttermilk BISCUITS 8-oz. Cans 69¢
RICHFOOD Frozen BROCCOLI Spears 10-OZ. PKGS. 2 For $1.00
RICHFOOD "Grade A" Large EGGS 1-doz. (Carton) 79¢
Save ON... Red Delicious APPLES 3-lb. BAG 79¢
3-lb. Bag Yellow ONIONS 69¢
RED GRAPES lb. 69¢
3 lbs. Golden RIPE Bananas $1.
White Seedless Florida Grapefruit 40-Size 5 For $1.